



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

JULY/AUGUST 2020

Berry Grape Chicken Salad
Easy Cheese Sauce
Quick Green Beans
Zucchini Stir Fry
Slow Cooker Roast Beef Sandwiches

Berry Grape Chicken Salad

- 1 cup red seedless grapes, sliced in half
- 1 cup green seedless grapes, sliced in half
- ½ cup fresh blueberries
- ½ cup fresh raspberries
- 1 apple, cored and cut in ½ inch chunks
- 2 cups cooked chicken*, cut into chunks
- 3 stalks celery, finely chopped
- ½ cup walnuts, coarsely chopped
- 1½ cup fat-free or nonfat vanilla yogurt



1. Wash hands with soap and water.
2. Gently rub produce under cold running water before preparing as noted above.
3. In a large bowl, combine all ingredients; mix gently until well combined.

*Note: Cooked boneless, skinless chicken breasts, rotisserie chicken or canned chicken can be used.

Nutrition Note: This recipe makes 8 servings. Each serving has 190 calories, 6 grams of fat, 14 grams of protein, 22 grams of carbohydrates and 210 milligrams of sodium.



Great Mealtime Conversations
Start Here

Reconnect with those you love at mealtime.
 "What is your favorite thing that you wear? Why?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Easy Cheese Sauce

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup evaporated milk
- 1 cup cheddar cheese, shredded



1. Wash hands with soap and water.
2. Heat butter in a saucepan over medium heat. Add flour. Stir for 1 minute.
3. Add evaporated milk. Cook while stirring, until mixture thickens.
4. Stir in cheese and heat until melted.
5. Serve over vegetables or pasta.

Recipe Source: <https://stores.numatters.com/nubite-tipsheets/>

Nutrition Note: This recipe makes 8 servings. Each serving (using fat-free evaporated milk) has 100 calories, 6 grams of fat, 6 grams of protein, 5 grams of carbohydrates and 140 milligrams of sodium.



Try This!

Try a new fruit or vegetable like apricots, blackberries, plums, or summer squash.



Quick Green Beans

- 1 pound fresh green beans
- ½ cup water
- 1 tablespoon butter
- Salt and black pepper to taste



1. Wash hands with soap and water.
2. Gently rub green beans under cold running water. Trim off ends of beans.
3. Place beans and water in a large skillet. Bring water to a boil. Cover skillet and cook for 4 minutes.
4. Uncover skillet and add butter. Cook for 1 minute or until water is gone. Sprinkle with salt and pepper.

Recipe Source: <https://stores.numatters.com/nubite-tipsheets/>

Nutrition Note: This recipe makes 8 servings. Each serving has 30 calories, 1.5 grams of fat, 1 gram of protein, 4 grams of carbohydrates and 15 milligrams of sodium.

Zucchini Stir Fry

2 cups chopped zucchini
2 cups chopped tomatoes
1 tablespoon vegetable oil
Garlic powder, salt, pepper and Italian seasoning



1. Wash hands with soap and water.
2. Gently rub/scrub produce under cold running water before preparing as noted above.
3. Heat oil in a large skillet.
4. Add zucchini and tomatoes. Stir fry for 4-5 minutes.
5. Season as desired using seasonings listed above.

Note: Use any fresh vegetables your family likes or you have available.

Recipe Source: <https://stores.numatters.com/nubite-tipsheets/>

Nutrition Note: This recipe makes 4 servings. Each serving has 30 calories, 2 grams of fat, 1 gram of protein, 3 grams of carbohydrates and 0 milligrams of sodium.

Why breastfeed?



"Breastfeeding my daughter is a great incentive to make healthier choices for myself as she benefits directly from the positive things I do for my own body. She's a great motivation to eat right, stay hydrated, attempt to get good sleep and practice good self-care. Thanks to these things, I've never had to be too concerned if my supply was okay, she's growing like a weed."

~ Lindsey, WIC Breastfeeding Mom from Minot AFB

Crock-Pot™ Corner



Slow Cooker Roast Beef Sandwiches

3 pounds beef roast
1 envelope (1 ounce) dry au jus gravy mix
1 envelope (.7 ounces) dry Italian dressing mix
1 can (14.5 ounces) chicken or beef broth, low sodium preferred
1 cup water
1 medium onion, chopped
12 whole-wheat buns



1. Wash hands with soap and water before preparing the recipe and after handling roast.
2. Put all ingredients in a slow cooker except buns.
3. Cook on low for 10-12 hours.
4. Remove beef and let cool. Shred beef using two forks. Serve on buns.

Nutrition Note: This recipe makes 12 sandwiches. Each sandwich (using low-sodium broth) has 420 calories, 22 grams of fat, 23 grams of protein, 25 grams of carbohydrates and 760 milligrams of sodium.

The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: www.health.nd.gov/wic

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